



News Release

Northwest Regional Partnership's Local Foods Website Provides Connection to Local Producers

By Linda Kingery on Tuesday, August 23, 2005

Northwest Minnesota – The summer is finally winding down and everybody is thinking about school, which means fall is close behind. Many dread the shorter days and the turning of the leaves, but for a local grower the fall harvest (or in our neck of the woods, the end-of-summer harvest) is an exciting time.

Sweet corn, tomatoes, zucchini, cucumbers, and green beans are producing their last crops. Potatoes, apples, squash, and pumpkins are just starting. With the abundance of fresh food available, everyone should find an opportunity to enjoy a healthy dining experience.

In order to create your own fresh food experience, go to the Northwest Regional Partnership's local foods website at www.localfoods.umn.edu. First, use the website to find local producers near you. Then, start planning your meal. Maybe you're craving a home cooked chicken dinner with corn-on-the-cob, perfectly mashed new potatoes, cooked carrots covered with butter and honey, an apple-cranberry fruit salad, and fresh apple pie for dessert. Yum!

The best part of the meal above is that almost all of the ingredients you need are produced locally. Chickens, sweet corn, potatoes, carrots, honey, apples, and cranberries. As you do your shopping this week, dream up your favorite meal, think of a local producer, and use the website to make that meal come true.

The Northwest Regional Sustainable Development Partnership connects resources of the region and the University of Minnesota to develop a sustainable regional community by empowering citizens to explore and act on their ideas.

For more information, please contact Linda Kingery, Executive Director, Northwest Regional Sustainable Development Partnership at 877-854-7737 or kinge002@umn.edu

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